

GLOBAL COMPETENCIES

Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Chart Paper
Markers
Computer
Internet access
Projector and screen

SKIING / SNOWBOARDING

Intermediate Level

ACTIVITY DESCRIPTION

Blue Mountain is the leading Ontario destination for school trips on the slopes. We offer skiing and snowboarding lessons for beginners and for those with experience looking to improve their skills. Our dedicated School Group Event Managers, Ambassadors and Certified Ski/Snowboard Instructors ensure a smooth and safe trip for all students. We adhere to the OSRA (Ontario Snow Resort Association) rules and recommendations.

CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario
Curriculum



B3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (B3.1)

D1. demonstrate an understanding of factors that contribute to healthy development (Gr8: D1.1)

BEFORE YOU GO

Learning Goal

Students will build awareness about concussions and concussion prevention, then work to share information about this injury within their school community.

Minds On Activity

- Share the following information with the class:
 - *In March of 2018, the Ontario government passed Rowan's Law. This law was designed to educate parents/guardians, coaches, teachers, and officials about the dangers of concussions, as well as protect amateur athletes and students. It is the first law of its kind in Canada and benefits both athletes and non-athletes.*
 - *By increasing concussion awareness and knowledge, we can change Ontario's culture around sports, physical activity and injury. Rowan's Law makes it easier for those who experience concussions to self-advocate for the help they need and the time necessary for recovery.*
- Show the [Concussion 101 video](#) to students.

Action Activity

- Most school boards have a concussion protocol that includes developing a Return to School Plan, with a medically supervised Return to Learning/Physical Activity plan.
- Organize the class into small groups of 3-4 students. Give each group a sheet of chart paper and marker.
- Ask groups to use the information from video shown in the Minds On Activity to answer the following:
 - *Recognizing that every concussion is unique, what do you think would help a student's brain recover from a concussion upon returning to school?*
- Have groups record their responses on the chart paper provided and post throughout the room.
- Have students perform a gallery walk to observe the suggestions of each group.

WHILE YOU ARE THERE

At Blue Mountain Resort

- Remind students of the safety precautions required to prevent concussions. Have students monitor themselves and others during the skiing/snowboarding experience for any concussion risks.

ONCE YOU GET BACK

Consolidation Activity

- Ask students to draw on what they have learned about concussions to create a one page Concussion Information Sheet to educate and improve awareness of concussions in their school community.
- The information sheet should clearly identify the signs and symptoms of concussion, and include strategies to support healthy recovery, including modifications to:
 - screen time
 - school work
 - physical activity
 - sleep
 - social interactions.